

## Recreation, Athletics and Home POD Notes

POD Note #1: Personal Protective Equipment during recreational activities: All hands are reminded that the use of PPE will be required, and enforced, when personnel are on or operating government property, or participating in command sponsored events. (ie.: Bicycling - ANSI approved helmets, Boxing - mouth guard) Further information can be found in OPNAVINST 5100.25A, Navy Recreation Athletics and Home Safety Program, or contact your Safety Petty Officer.

POD Note #2: Jogging can be healthy if you are careful. A proper warm-up is a great start. Ensure you complete your jog without incident. Wear light colored clothing to be seen on the roadway (during reduced visibility conditions, reflective clothing will be worn).

POD Note #3: All hands are reminded that the wearing of portable headphones, earphones, or other listening devices (other than hearing aids), while operating a motor vehicle or while jogging, walking, bicycling or skating on Naval Base roads and alleys is prohibited.

POD Note #4: Did You Know that drowning is one of the leading killer of sailors in recreational mishaps? It is preventable if you follow these tips: 1. Learn how to swim 2. Swim only in authorized areas 3. Don't drink alcohol and swim 4. Never swim alone 5. Know the depth of the water before you dive 6. Always wear a flotation device while boating.

POD Note #5: Johnny went jogging wearing his WALKMAN. Johnny didn't hear the car horn before the bumper hit him. Now the WALKMAN is broken. SO is Johnny. Johnny doesn't jog anymore. Johnny doesn't listen to his WALKMAN anymore, either.

POD Note #6: BICYCLE SAFETY: Choose a bicycle that is the right size for you. A bicycle is a vehicle. Routinely maintain it as you would your car. When riding stay alert, dress with safety in mind, wear long pants (tucked in), long sleeves, bright colors with reflective material & always wear a helmet.

POD Note #7: LAWN MOWER/TRACTOR SAFETY: Don't allow children to operate ride- on lawn mowers. Government safety experts warn parents that one of every five deaths associated with riding mowers and garden tractors involves children, despite labels and warnings to the contrary. Equipment manufacturers and Safety Officials urge parents to follow these safety precautions.

POD Note #8: SMALL BOAT SAFETY: Small boat operation may be fun, but can get complicated and dangerous if the weather suddenly changes or if you are not familiar with boating emergencies. Whenever you are operating a small boat: 1. Avoid drinking alcohol. 2. Sit-Never stand in a small boat; Keep all limbs inside the boat. 3. No horseplay while on board. 4. Make sure everyone has and is wearing a Personal Flotation Device.

POD Note #9: TAKE SAFETY HOME: Its easy to see, as you walk around

the ship the emphasis that is placed on safety. But when you leave the ship are you leaving safety on board? Liberty call shouldn't mean leaving safety on the job - take safety on the beach with you. Whether you're driving, playing sports, working in the garden or just cleaning out the garage, safety is always a welcome companion.

POD Note #10: Recreational Safety - We all know that you must always use the correct tool for the job. The same rule applies for recreational activities and sports. One does not play golf with a baseball bat or fish with a #1 wood. Proper foot wear, i.e., a high top shoe or one providing good ankle support is a must while playing basketball. Wearing Eye protection devices and approved helmets are also good ways to protect yourself.

POD Note #11: Personal Safety Note: Navy personnel operating a bicycle on government property or during command-sponsored events must wear an ANSI or SNELL approved helmet. Bicyclists will wear light-colored clothing (reflective clothing during reduced visibility conditions).

POD Note #12: From the NSA Safety Officer: Summer is just around the corner. It's time to dust off and polish up that bicycle, but don't forget to polish up that safety helmet too. Remember think safety and besides it is a requirement on base.

POD Note #13: Beach Safety: Heading to the beach? Swim only at a beach with a lifeguard and take a buddy. Never swim alone. Avoid the big surf and be aware of the shore break. A broken neck can spoil your day in the sun.

POD Note #14: Getting ready for the PRT? All hands are reminded to use the sidewalks or jogging paths when jogging. Avoid roads and streets if possible. When you must use the roadway jog facing traffic, wear light or reflective clothing and obey all traffic rules and regulations. Be cautious of cars entering the roadway.

POD Note #15: The Navy's Recreation, Athletic, and Home Safety Program (OPNAVINST 5100.25A) requires patrons of Navy auto and wood hobby shops and recreational water craft be properly qualified for safe operation of power tools, hydraulic lifts, spray paint booths and water craft.

POD Note #16: The Navy's Recreation, Athletic, and Home Safety Program (OPNAVINST 5100.25A and Mishap and Investigation and Reporting OPNAVINST 5102.1C) requires Mishap Investigating and Reporting for military dependents suffering an injury or fatality on government property or in conjunction with command sponsored events off government property.

POD Note #17: We all know lawn mowers cut grass, fingers and toes with equal precision. To keep from adding screams of agony to the other noises at home, follow this advice: Never clean or do maintenance on a mower while it's running. Wear close-fitting clothes and non-slip shoes. Go over the lawn carefully before mowing to remove loose items and identify solid obstacles. Add fuel, wiping up spills BEFORE starting the mower. Make sure your electric mower is labeled "double-insulated" and gets plugged into a three-prong

outlet. Adjust the cutting height before starting. If the lawn is wet, wait.

POD Note #18: Carbon monoxide is colorless, odorless, tasteless and deadly. To avoid it, do a short "pre-light off" check on your furnace at the beginning of the heating season. Light the pilot light (if you have one) in accordance with manufacturer's instructions (usually posted on the inside). Observe the flame: it should be blue with a SMALL amount of yellow at the tip. Then, standing clear of the furnace, turn the thermostat up above room temperature and inspect the main heating flames. They should have the same color pattern as the pilot. If, not, call a trained qualified technician for a furnace inspection, and they'll be able to tell you what's wrong.

POD Note #19: Carbon monoxide poisoning can be caused by exposure to car exhaust, a faulty heating furnace, or the fumes given off by burning charcoal. The symptoms of carbon monoxide poisoning include nausea, vomiting, lightheadedness, loss of muscle control, and unconsciousness. It can result in severe brain damage and death. Never run your car in a closed garage or operate it with a leaking exhaust system. Inspect your home's furnace for proper combustion, and NEVER use a charcoal fire to heat a confined space.

POD Note #20: Halloween is a time for fun for the kids. Make sure they're safe by selecting costumes with light colors and reflective qualities, fire-retardant material, short enough to keep the children from tripping, face masks which allow the child to see and don't restrict breathing. Go with the kids and use a flashlight. Go to homes of people you know. Use the sidewalks. It's courteous and doesn't contain as many trip hazards as some lawns. Don't let the kids play with jack-o'-lanterns with open flames, and examine all treats before you let your child eat them.

POD Note #21: At home and at work, we're exposed to high-voltage dangers. Aboard ship, we have established, tested procedures for tagging-out equipment and using proper safety tools. When you go home, you should apply the same high standards. Use caution when using electrical lawn or garden equipment, cleaning major kitchen appliances or working on your car. Don't wait for a shock to enlighten you and your family to electrical hazards.

POD Note #22: The holidays are here again. Be watchful of young children and babies around mistletoe berries, poinsettia leaves and flowers, holly berries and Jerusalem cherry plants. If ingested they can cause acute stomach and intestinal irritation, nausea and/or vomiting, possibly death.

POD Note #23: Cooking with whole bay leaves? Remove them from the food before serving, and avoid eating them. Bay leaves add wonderful flavor to the food, but are not easily digested and may cause digestive upset.

POD Note #24: Before using your decorative lights, check plugs and connectors for loose or missing plastic inserts. Also check for damaged sockets, exposed wires and missing or damaged bulbs. All are possible electrical shock hazards, which can result in tragedy.

POD Note #25: Keep hot foods hot; keep cold foods cold. To avoid salmonella or other contamination: (1) thaw poultry in the refrigerator or in cold water; (2) wash poultry thoroughly with cool water before cooking; (3) make sure utensils, cutting boards and hands used on raw meat don't come in contact with prepared foods; and (4) wash utensils, cutting boards, hands, etc. in warm, soapy water.

POD Note #26: During this holiday season, make sure mobile babies and young children in the proximity of the Christmas tree are supervised. Make sure children's toys are suited for their age and development. Before wrapping, make sure the toys are checked for loose or missing parts.

POD Note #27: Pets in your home? During this season, make sure they're supervised in proximity of the Christmas tree. Avoid placing ornaments and lights on the lower branches of the tree. Don't feed chocolate to your pet, and make sure Fido's toys are checked for loose or missing parts.

POD Note #28: This Christmas season, many of us will have cut trees in our home. To keep home safe for the holidays, follow this simple guidelines: (1) Place the tree in water up to the cut line and refill the stand with water daily (2) Keep the tree away from heat sources like ventilation ducts (3) When the needles begin to fall off, it's time to dispose of the tree.

POD Note #29: Some of us have artificial Christmas trees, and don't recognize the dangers they can present. If you decide to buy an artificial tree this year, make sure it's made of fire-resistant material. If the tree is metal, don't attach electric lights to the tree. Instead, use a floor-mounted spotlight with rotating lenses. These are available at most home maintenance stores for a reasonable price.

POD Note #30: For a safer holiday season, check your Christmas lights for these things: Underwriters' Laboratory (UL) approval, frayed wires, loose connections, broken or cracked outlets. Ensure the lights are fastened securely to the tree with the bulb away from the needles. Never use indoors lights outside or outdoor lights inside. In the interests of energy conservation and fire prevention, always turn off the lights when going to bed or when no one is home.

POD Note #31: Make sure your artificial holiday decorations are flame retardant. Live decorations (boughs and wreaths) should be placed in water and away from candles or other heat sources. When applying artificial snow (flocking), make sure you do so in a well ventilated area.

POD Note #31: Old-fashioned holidays often bring warm memories to mind, but they may also present severe fire hazards. If you're using candles in your holiday decorations, make sure you keep them away from trees, evergreens, draperies, curtains and flammable decorations.

POD Note #33: Can't think of a gift? How about one to make their

next year a safer one? Smoke detectors and fire extinguishers as gifts, show that you really do care about the person receiving them, and are very practical as well.

POD Note #34: Travelling for the holidays? Make sure the hotel has a more than adequate fire protection program before you make a reservation. Never take a room above the ninth floor. If there is a fire, chances are good the fire department's ladder won't reach above the ninth floor window.

POD Note #35: During the holiday season, the cooking, baking and candy-making fill the home with warmth and whet the appetite with the pleasant smells. To keep the kitchen safe, follow these rules: (1) keep pot handles turned in on stoves so children won't grab them (2) Keep hot items away from edges of counters and tables (3) Wear tight sleeves or sleeveless garments when cooking. Loose sleeves can catch fire easily.

POD Note #36: Are you a smoker? At home, some simple guidelines can keep you from burning down the house. Use large ashtrays and keep matches and lighters away from children. Check furniture, carpets and wastebaskets for smoldering butts. Check ashtrays carefully, and let them stand overnight before emptying them or pour water over the butts.

POD Note #37: All homes have hotspots - places where fires are most likely start. The kitchen is one of these. From 1985 to 1990, fire fighters responded to 3,736 fires that started in kitchens of military housing. Seven people were killed and 607 were injured. Another hot spot, a place where fires are likely to occur, in your home is the heating system or heating equipment (other than hot-water heaters). From 1985 to 1990, there were 326 fires caused by heating equipment and systems in military housing. No one died, but there were 63 people injured. A third hot spot, or place where a fire can occur, in your home is anywhere people smoke or keep matches or lighters. These materials caused 1,403 fires in which 16 people died and 310 injured in the five years from 1985 to 1990. Twelve of the people killed and 85 of those hurt were children under 12.

POD Note #38: Here are some things you can do to reduce the chances of a fire in your kitchen: Don't leave your cooking unattended. Don't hang curtains near the stove. Wear short or close-fitting sleeves when cooking. Keep your stove and oven clean. Turn pot handles inward so children can't knock them off. If a grease fire starts on your stove, don't throw water on it; instead carefully slide a lid over the pan and turn off the burner. No lid? No problem, improvise with a cookie sheet or pizza pan.

POD Note #39: Here are some things you can do to prevent a fire in your heating systems: Have your system and chimneys professionally inspected at least once a year. If you have a coal or wood stove, or a space heater, make sure it is installed at least 3 feet from combustibles. Use heat -tempered glass doors or a screen in front of your fireplace. Allow ashes to cool before disposal. Never leave a space heater or fire unattended. Keep portable heaters away from traffic paths. Check with your housing office before using a

kerosene heater.

POD Note #40: For those among us who have the nasty habit of smoking, here are some things you can do to prevent fires at home: Teach children that matches and lighters are tools for adults, not toys. Keep them out of children's reach. Never smoke in bed. After a party, check for smoldering cigarettes under cushions before you go to bed. It sounds ludicrous, but it happens. 221 fires in military housing from 1985-1990 were started by cigarettes. Three people were killed and 54 injured. Besides, you can pick up some spare change that way, too.

POD Note #41: Heat tape can keep your water pipes from bursting, but it can catch fire and destroy your home. After time, the tape deteriorates and overheats or short circuits. Rodents and pets can accelerate the process. Check it frequently and replace worn tape. Make sure you unplug it during warm weather. This extends the life of the tape and reduces your energy bill.

POD Note #42: Bicycle Safety. The most frequent injury associated with bicycle accidents occurs to the head area. OPNAVINST 5100.25A, the Navy's Recreational, Athletics and Home Safety Program, requires all personnel who ride bicycles on Navy installations to wear an American National Standards Institute (ANSI) approved helmet. The Safety Officer can provide you with information concerning helmets and other recommendations for enhancing your safety on two wheels.

POD Note #43: "Trick or Treat!" Halloween is right around the corner and a lot of kids will be out doing their trick or treating. Those of us who may be out driving should be particularly alert. On this night especially, watch out for children attempting to cross the street. Drive slowly through residential areas.

POD Note #44: Each year, almost 900 bicyclists are killed in collisions between bicycles and motor vehicles on roadways. Another 300 are killed in non-roadway collisions. More than 1,000,000 bicycle injuries are treated each year. About 1/3 of the deaths and about 2/3 of the injuries involve children under age 15. Three out of four deaths are due to head injuries, and about 1/3 of the injuries are to the head and face. Bicycles are not a toy, they're a mode of transportation. Know and follow the traffic rules, and wear your protective equipment.